

Poor Oral Health? Blame It On Diabetes

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D iabetics are more prone to gum infection than non-diabetics as they suffer from low immunity and lack of energy to fight bacteria which in turn, raises the chances of developing a periodontics problem due to the blood sugar impact on the gums. It is also more difficult for diabetics to recover from any physical problem and the same applies to a gum infection.

Diabetes And Gum Health

So, apart from being responsible for several other complications, excess blood sugar levels may affect a person's gum and teeth health as well. The teeth of a diabetic

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Regular Dental Check-ups

Regular visits to the dentist can help diabetic patients ward off teeth infections. And a visit to the dentist can also alert one to the need of a full body check-up. Eight among ten people who suffer from oral disorders tend to have positive tests under diabetes. Also, certain problems detected via unhealthy oral conditions can indicate other problems present in the body.

To help control infection and teeth / gum problems as well, a diabetic patient should take care of his/her oral health by following regular clean-ups, oral check-ups as advised by a dentist and by following these basic steps to maintain hygiene and help minimise the level of bacteria in the mouth.

- ◆ Treating teeth chemically, including the taking of certain tablets for the same and making visits to an endocrinologist.
- ◆ Taking up local functioning, which means regular clean-ups that help keep the gums clean and healthy.
- ◆ Dentists also prioritise cleaning up the dental plaque as it is the main growth sector of bacteria.
- ◆ Diabetic patients suffer from an extreme dry mouth condition which may give rise to gum problems. Hence, it is necessary to drink adequate water and to keep the mouth hydrated.